



# Southeast Regional Community Center

5260 Hickory Hollow Parkway Suite 202, Antioch, TN 37013 615-862-8902

<b>Fitness Classes</b> <b>After School Program</b> <b>Gymnasium</b> <b>Special Activities</b> <b>(\$)</b> – Paid Class	<b>Monday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Tuesday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Wednesday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Thursday</b> <b>Hours:</b> <b>6:00am-8:30pm</b>	<b>Friday</b> <b>Hours:</b> <b>6:00am-7:30pm</b>	<b>Saturday</b> <b>Hours:</b> <b>8:00am-12:00pm</b>
<b>Spring 2016</b> <b>Program Schedule</b> (subject to change)  <u>Facilities Manager</u> Thomas Floyd  <u>Program Coordinator</u> Angela Booker  <u>Recreation Leaders</u> Elona Tribue Robert Sutton Valerie Zavala Brandon Hughes Lauren Branham Charles Watkins Brandon Shelton Archie Dennard	6:00am-3:00pm Adult Open Gym (Basketball)  <b>3:00pm-6:00pm</b> <b>After School Zone**</b>  6:00pm-8:00pm Chicago Steppin (Multipurpose #2) w/Troy  6:00pm-8:00pm Family Night Half Court (Gym)  6:30pm-7:30pm Zumba (\$) w/Kyrra Half Court (Gym)	6:00am-9:30am Adult Open Gym (Basketball)  8:30am-9:30am Power Yoga(\$) w/Will  10:00am-12:00pm Pickle-ball/Badminton Half Court (Gym)  10:00am-12:00pm Special Needs Adults Half Court (Basketball)  12:00pm-3:00pm Adult Open Gym Shoot-a-round Half Court Only (Basketball)  <b>3:00pm-6:00pm</b> <b>After School Zone**</b>  6:30pm-7:30pm Zumba(\$) w/Sandy  7:30pm-8:30pm Line Dancing (Multipurpose #2) w/3D & Nicki  6:00pm-8:00pm Teen Open Gym (13-17) (Basketball)	6:00am-3:00pm Adult Open Gym (Basketball)  <b>3:00pm-6:00pm</b> <b>After School Zone**</b>  5:30pm-6:15pm En P.O.I.N.T.E Beginner Ballet (Ages 3-5) (\$) *  6:15pm-7:00pm En P.O.I.N.T.E Beginner Ballet (Ages 6+) (\$) *  6:30pm-7:30pm Boot Camp (\$) w/SE Staff  6:30pm-7:30pm Power Yoga(\$) (Multipurpose #2) w/Will  6:00pm-8:00pm Adult Open Gym (Basketball)	6:00am-9:30am Adult Open Gym (Basketball)  10:00am-12:00pm Tot Time Half Court (Gym)  10:00am-12:00pm Special Needs Adults Half Court Only (Basketball)  12:00pm-3:00pm Adult Open Gym Shoot-a-round Half Court Only (Basketball)  <b>3:00pm-6:00pm</b> <b>After School Zone**</b>  6:30pm-7:30pm Zumba(\$) w/Sandy  6:30pm-7:30pm Boot Camp(\$) w/SE Staff  6:00pm-8:00pm Pickle-ball/Badminton (Gym)	6:00am-3:00pm Adult Open Gym (Basketball)  <b>3:00pm-6:00pm</b> <b>After School Zone**</b>  6:15pm-7:15pm Zumba (\$) w/Kyrra  6:00pm-7:15pm Family Night Gym (Basketball)	9:00am-10:00am Boot Camp(\$) w/ Lauren  10:00am-12:00pm Line Dancing w/3D & Nicki  <b>Membership Fees:</b> <u>Daily Pass</u> Adult \$3.00 Daily Teens & Senior \$1.50  <u>10 Visit Pass</u> Adult \$20.00 Teens and Senior \$10.00  <u>Monthly Pass</u> Adult \$30.00 Teens and Senior \$20.00  <u>10 Pass Fit Card</u> \$30.00  Teens 13-17 Senior 62 and up   @ "Southeast Regional Community Center"  www.nashville.gov  

*\*\*students must be registered and enrolled in After School Zone*

**Adult Open Gym-** welcomes ages 18 and up to participate in a variety of activities that take place in the gym.

**After School Zone-** Children can participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for these free programs, so advance application is required.

**Badminton-** a racquet sport played by with two opposing players who take positions on opposite halves of a rectangle court divided.

**Boot Camp-** Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

**“Chicago Style Steppin”-** urban dance that originated in Chicago and continues to evolve while defining its unique style.

**Family Open Gym-** Time for children and their adults to come together and play in the gym.

**Family Yoga-** for the younger set; it’s for all of you who wish to spend some quality time with your little one while also moving your body and using your creative spirit.

**F.I.R.E-** will have a variety of training that includes flexion, isometric, resistance, and extension.

**Line Dancing-** a form of dance in which dancers line up in a row and follow choreographed pattern of steps to music.

**Pickle Ball-** is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

**Teen Open Gym-** welcomes ages 13-17 to participate in a variety of activities that take place in the gym.

**Tot Time-** for children under 5 and their parents to have fun in our gym. Homeschooled children are welcomed. **Parental supervision required.**

**Yoga-** Hindu spiritual and ascetic discipline, a part of which includes breath control, simple meditation, and adoption specific bodily postures.

**Zumba-** an aerobic fitness program that combines Latin and international music with dance moves.

#### **The Mission of Metro Board of Parks and Recreation**

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region’s natural resources.

**\*\*\*Metro Parks does not discriminate on basis of age, race, color, national origin, religion or disability in admission to, access to or operations of its programs, services or activities.**